


# STUDIO 1

MORNING

MID-DAY

EVENING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>6:30-7:30am</b> Health Related Fitness [Greta]		<b>6:30-7:30am</b>  [Yvonne]	<b>6:00-7:00am</b> Body Sculpting +15 min abs [Karen]	<b>6:00-7:00am</b> Body Sculpting [Felicity]	<b>9:00-10:00am</b> <b>Cardio</b> [Karen]
<b>11:00-12:00pm</b> <b>Step</b> +15 min abs [Jim]	<b>11:00-12:00pm</b>  [Leslie]	<b>11:00-12:00pm</b> <b>Step</b> [Karen]	<b>11:00-12:00pm</b>  [Leslie]	<b>11:00-12:00pm</b>  [Yvonne]	<b>10:00-11:00am</b> Body Sculpting [Mary]
<b>12:00 – 12:30pm</b> 30 minute Circuit Training [Terence]		<b>12:00 – 12:30pm</b> 30 minute Circuit Training [Terence]	<b>12:00-12:45pm</b> Cardio Dance [Angela]		<b>11:00 – 12:00 am</b> <b>Core Ball Workout</b> [Olga]
<b>4:45 – 5:15pm</b> 30 minute Circuit Training [Terence]	<b>4:30 - 5:15pm</b> Body Sculpting [Mae]			<b>4:30-5:30pm</b> <b>Step</b> [Jim]	
<b>5:15-6:00pm</b> Cardio Dance [Heather]	<b>5:15-6:00pm</b> <b>Kickboxing</b> [Bryan]	<b>5:00-6:00pm</b>  [Leslie]	<b>5:15-6:15pm</b> Body Sculpting +15 min abs [Heather]	<div>           **Schedule subject to change without notice.            ***Online Schedule can be found at <a href="http://www.starport.jsc.nasa.gov">www.starport.jsc.nasa.gov</a>            **Instructors are Group Exercise and CPR/AED certified         </div>	
<b>6:00-7:00pm</b>  [Yvonne]	<b>6:00-7:00pm</b> Dancers Sculpt [Heather]		<b>6:15-7:15pm</b>  [Yvonne]		